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HOMEMAKERS' CHAT

Friday, August 5, 1938.

(FOR BROADCAST USE ONLY)

Subject: "MILK SHAKES". Information from the Bureau of Home Economics, United States Department of Agriculture.

--ooOoo--

Today my topic was suggested by one of the most pleasant sounds I've heard lately--the lovely soprano tinkling of ice against glass. I heard it the other night when I went to visit a friend of mine. Several of us had been sitting on the porch all evening--just talking and listening to the chirping of the crickets. After about an hour went by our hostess excused herself.

We heard Ruth's footsteps as she walked away--directly to the kitchen. Then our conversation sort of died down as we listened for other noises--noises that promised us some sort of a cool, refreshing drink.

First, we heard the refrigerator door open. Then there was a splashing sound--the whirring of an egg beater. Then some liquid was poured out--and there was the telltale click of ice cubes against the tumblers. And almost before we had time to start talking again Ruth was back on the porch--with a trayful of six tall, frosty, milk shakes.

Well, needless to say, we all did justice to that drink. In fact I was still remembering it several days later when I picked up an article from the Bureau of Home Economics of the United States Department of Agriculture about milk shakes. There were a number of good suggestions in this article that I'd like to pass on to you here and now.

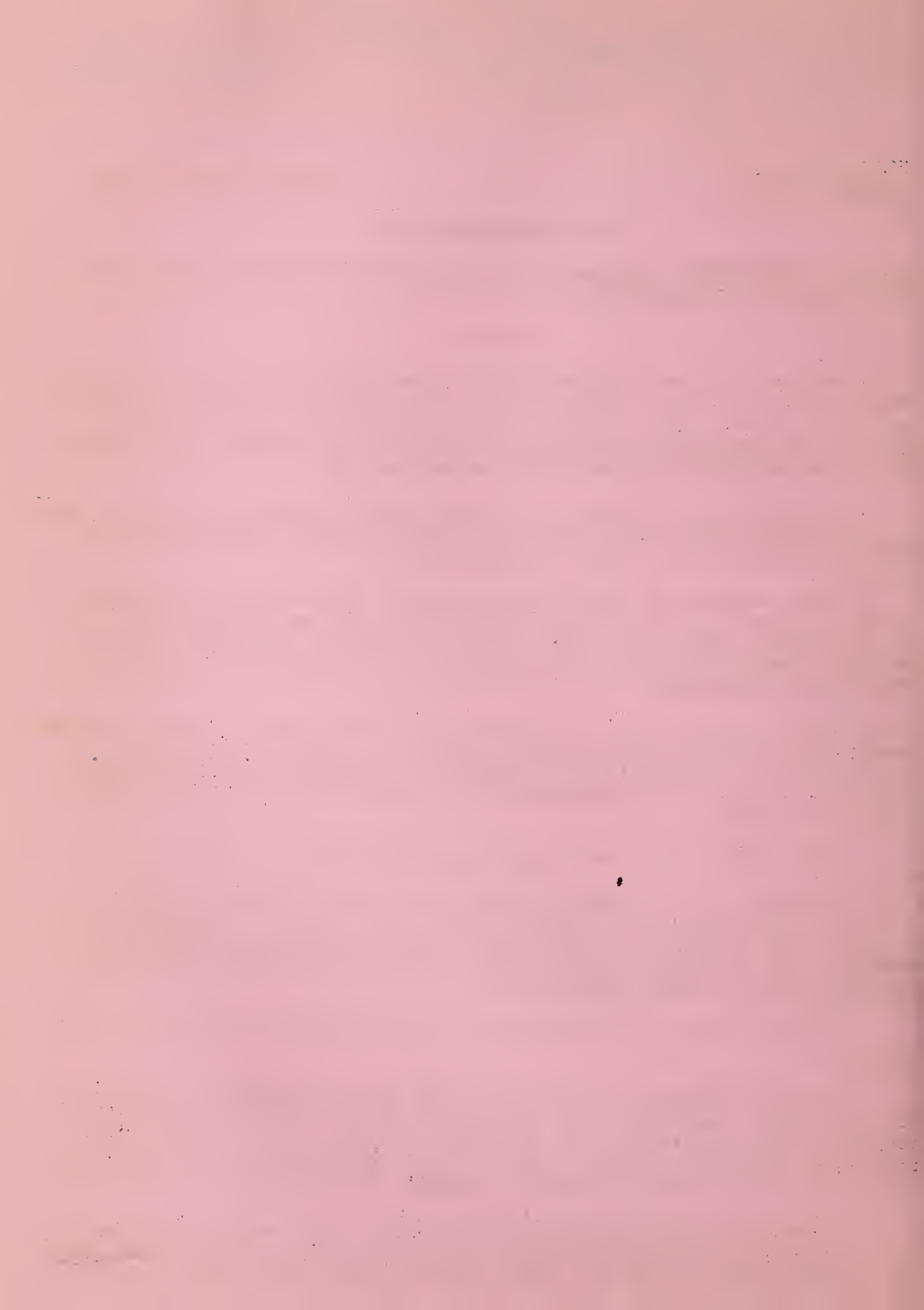
First, there is this about summer drinks in general.

"Midsummer is the time when too many between-meal glasses of lemonade or 4 o'clock milk shakes may play strange tricks with the family's dinnertime appetit. But not if this craving for cooling drinks is made to supplement, rather than interfere with, the family's mealtime fare. Hot-weather drinks may represent real food value as well as mere refreshment."

And now we come to some information about milk shakes. According to this article---

"From the standpoint of food value, milk shakes and their close relatives, the milk eggnogs, take first place among summer drinks. Milk, the foundation of all these drinks, contributes more essentials to the diet than any other single food. Milk shakes offer the full value of milk. And in addition they contribute more calories in the form of chocolate, caramel, or fruit sirups.

"Young folks enjoy making milk shakes at home. The family's refreshment money goes further that way--and there is the fun of mixing besides. Also, Mother has a better chance to time the "shake" parties, so that these sweet, satisfying



And now the article gets down to brass tacks and makes some suggestions for preparing milk shakes.

"If the family is fortunate enough to have a refrigerator with liberal supplies of fresh, good quality, whole milk, the situation is ideal. Or, evaporated or dried milk may be used equally well.

"Also included in the "makings" should be some ready-prepared sirups--plain--or chocolate--or caramel. And fruit sirups may be made by the addition of plain sirup to fresh fruit juice shortly before mixing time. These prepared sirups sweeten the drinks more effectively than plain sugar. For plain sugar does not dissolve readily in cold liquid. It tends to sink to the bottom of the pitcher or glasses. But with a sugar sirup the blending of the sugar is quick and complete.

"Flavorings and spices that are good include vanilla and almond extracts. And for toppings there are nutmeg and cinnamon. A patch of mint growing in the back yard will furnish attractive garnish."

And here are two other suggestions for varying the flavor of milk shake. One is to crush very ripe bananas to a pulp. Then shake this banana pulp with the milk until all is blended smoothly. And the other is to float a dipperful of ice cream on a milk shake. This "float" is a grand party or luncheon dessert.

"And always add a bit of salt to milk shakes or any other summer drink. This is necessary for flavor. But that's not the only reason for adding salt. The body loses large quantities of salt in perspiration during sweltering weather, and this loss should be made good. Families will probably find it helpful to use plenty of salt in seasoning their food and drinks when the mercury hovers around the 100 mark.

And now for combining the milk shakes. They're really so simple it's no trick at all. Here are just a few suggestions. First you'll need a bowl and a good egg beater, or a regular shaker. Have these cold. Have the ingredients cold also, and the glasses you're going to pour the drink into cold. Mix the drink quickly and serve at once. Vary flavor combinations to suit the whims and tastes of the family or guests. But be careful not to try too many at once.

These milk shakes are only the beginning of the long list of cooling summer drinks that can be made at home. There are the eggnogs--the fruitades--the iced teas and coffee and the punches. But each of these is almost a story in itself. And I'll save them for another day.

